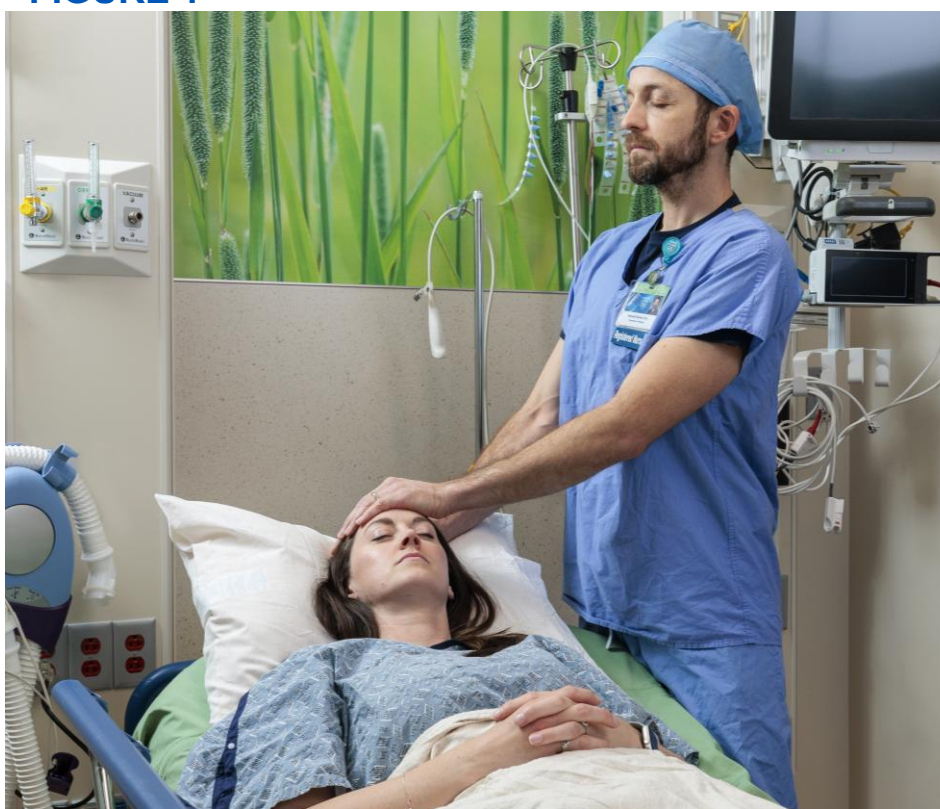


Kenneth Rooth, BSN, RN

## BACKGROUND

- Preoperative anxiety can persist through surgery and affect recovery, often linked to complication e.g. tachycardia, hypertension, and delayed wound healing (Oteri et al).
- Heightened preoperative anxiety correlates with postoperative anxiety extending beyond care in the PACU. This potentially leads to extended hospital stay, impaired recovery, and lower compliance with postoperative care (Anderson et al.).
- **Reiki is a Japanese healing technique that uses gentle touch to channel universal life force energy, promoting relaxation, stress reduction, and balance.**
- Studies on Reiki's efficacy in reducing preoperative anxiety suggest it may offer a complementary, anxiety-reducing intervention for surgery patients (Dyer et al, Sisman et al, Utli et al).

FIGURE 1



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## METHODS

This project aimed to evaluate the effects of Reiki on perioperative anxiety in patients scheduled for spine surgery. A standardized 10-minute Reiki session was used as the intervention. Anxiety levels were measured using the State-Trait Anxiety Inventory (STAI), administered before and after the intervention. Additionally, vital signs were recorded prior to and following the session to assess physiological changes associated with anxiety.

## IMPLEMENTATION

Over a two-week period, 16 patients scheduled for spine surgery were recruited. After the Pre-Op RN completed their workflow, patients were introduced to Reiki as a potential intervention for perioperative anxiety. Those who consented, along with their family members, participated in the standardized Reiki session. Following the intervention, anxiety levels and vital signs were reassessed to measure potential changes

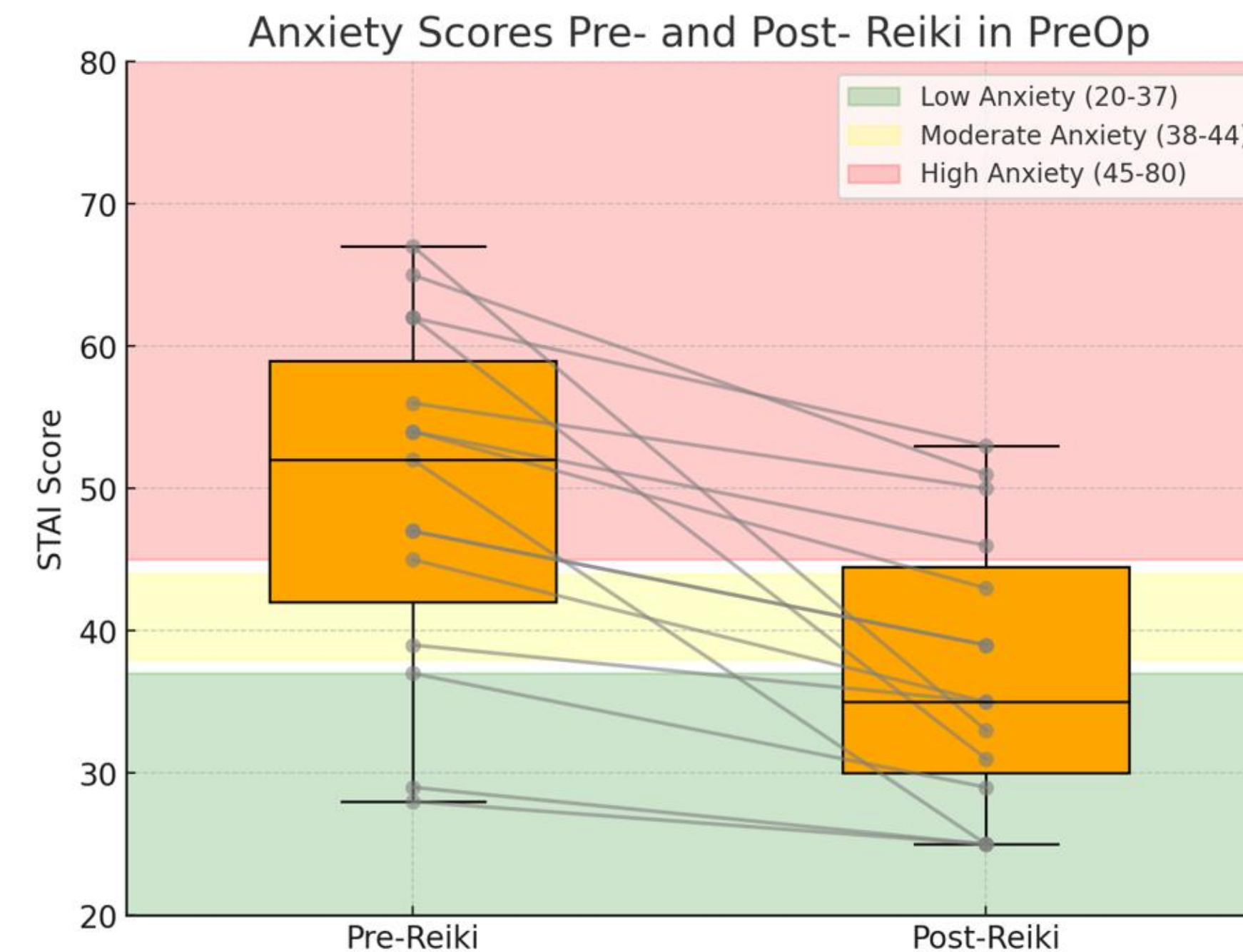
## OBJECTIVES

- Test the feasibility of providing Reiki sessions prior to surgery.
- Measure the impact of Reiki on patients' anxiety levels and assess the potential for its broader implementation in clinical settings.

## RESULTS

- Sixteen patients were invited to participate, with 15 consenting to receive the intervention (94%).
- 80% had family members who participated.
- **Anxiety levels reduced in 100% of patients, with an average decrease of 12.3 points on the SAI (A decrease of 10-15 points is often considered clinically significant).**
- 58% of patients who reported pain pre-Reiki experienced a reduction in pain post-session.

FIGURE 2



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## DISCUSSION

Reiki can effectively reduce preoperative anxiety and pain in a non-disruptive way, offering a complementary approach to traditional anxiety management. Patient feedback was overwhelmingly positive, with many expressing a willingness to repeat the experience before future surgeries. The results align with other studies supporting Reiki's benefits for anxiety, stress, and pain management in clinical settings.

## CONCLUSION

This project demonstrated the feasibility of providing Reiki in the preoperative setting, effectively reducing patient anxiety and pain levels and gaining high patient and family satisfaction. This intervention holds promise for enhancing patient experience and surgical outcomes, warranting discussion on potentially incorporating this intervention into the preoperative process.

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